



SUN PROTECTION MESSAGES

Don't Fry Day

Friday, May 28, 2010



The Friday before Memorial Day is
Don't Fry Day™
www.skincancerprevention.org



1.

Do Not Burn.

- **Avoid intentional tanning.**
- **Avoid tanning beds.**

Ultraviolet light from the sun and tanning beds causes skin cancer and wrinkling. If you want to look like you've been in the sun, consider using a sunless self-tanning product, but continue to use sunscreen with it.



2.

Generously Apply Sunscreen to all exposed skin using a Sun Protection Factor (SPF) of at least 15 that provides broad-spectrum protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Re-apply every two hours, even on cloudy days, and after swimming or sweating.



3.

Wear Sun-Protective Clothing such as a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, where possible.



4.

Seek Shade when appropriate, remembering that the sun's rays are the strongest between 10 a.m. and 4 p.m.



5.

Use Extra Caution Near Water, Snow, and Sand as they reflect the damaging rays of the sun which can increase your chance of sunburn.



6.

Get Vitamin D Safely through a healthy diet that includes vitamin supplements. Don't seek the sun.

Early detection of melanoma can save your life. Carefully examine all of your skin once a month. A new or changing skin lesion in an adult should be evaluated.